

Indiana University Northwest Quarantine and Isolation Resource Guide

Dean of Students Office Resources

With students at the center of all that we do, the [Dean of Students](#) is committed to supporting you as you pursue your academic goals during the COVID-19 pandemic.

We understand the rapidly changing events around COVID-19 may create a wide range of emotional responses and increased distress. The Dean of Students would like to offer a range of virtual resources to aid you in your time of quarantine and isolation. The IU Northwest faculty and staff are here to offer you support. Remember you are not alone and we are RedHawk strong.

What should I do about my academics during quarantine/isolation?

- If you have any in-person classes, contact your instructor(s) and indicate you will not be able to attend class and ask for instructions on making up coursework you will be missing.
- If you are in an online class and are feeling well enough to attend, please do so. If you are feeling too sick to attend, please notify your instructor(s) and indicate that you will not be able to attend class virtually. Also ask for instructions on making up coursework you will be missing.
- If you need assistance due to your instructor(s) response to your request, please send an email message to nwstuaff@iun.edu and a staff member will follow-up with you.

Information for students who have been tested for COVID-19

What should I do if my test is negative?

If you are not sure, please consult a medical professional.

- If you have a known exposure to a confirmed case, continue to quarantine until 10 days after your exposure.
- If you were tested but had no known exposure to a confirmed case, and you are asymptomatic, you can stop your self-quarantine.
- If you were tested but had no known exposure to a confirmed case, and you are symptomatic, you may have another respiratory virus that is circulating in the community. Avoid work and group settings until 24 hours after the last day of fever (without using fever reducing medications).

What should I do if my test is positive?

- Remain in isolation until ALL of the following conditions are met:
 - It has been at least 1 day (24 hours) since your last fever (without the use of fever-reducing medications).
AND
 - Your symptoms are improving.
AND

- At least 10 days have passed since your symptoms first appeared.
- If your symptoms get worse (see list at right of signs of severe illness) seek medical care. Call the healthcare facility/ER to let them know you are coming and follow instructions about wearing a mask when you arrive to the facility.
- If you have never had symptoms but had a known exposure you should isolate until at least 10 days have passed since the date of your positive COVID-19 test. If you develop symptoms while self-isolating, see above conditions that must be met to discontinue isolation.

What do I need to do about my contacts?

- If you feel comfortable, please notify those on your contact list that you tested positive. They will be advised to quarantine for 14 days following the last time they had contact with you. Close contacts must be notified as soon as possible to decrease the chances of spreading the virus to more people.
- You should also expect a text and call from a contact tracer who will gather contact and activity information from you to be sure that all measures are taken to prevent more infections. Please answer your phone, even if you don't recognize the number. The contact tracer will keep your identity confidential when notifying any of your contacts.

Self-Care

- Take your temperature with a thermometer daily and write down your results. Fever = 100.4 F or greater.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

Signs of severe illness

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improve but then return or worsen.
- Worsening of chronic medical conditions.

IU Health Resources

- Access to [IU Health Virtual Hub](#) via one.iu.edu. Available at no cost to students 24/7.

Community Resources

- There are many Urgent Care Centers throughout the NWI area.
- Call 911 for the ambulance service for your local hospital.

Where can I read more about COVID-19?

- The latest up to date information on COVID-19 in the US and worldwide can be found on the CDC website: www.cdc.gov.
- Indiana State Department of Health Resources on COVID-19: www.coronavirus.in.gov.

What should I do if my test is negative?

- If you have a known exposure to a confirmed case, continue to quarantine until 10 days after your exposure.
- If you were tested but had no known exposure to a confirmed case, and you are symptomatic, you can stop your self-quarantine.
- If you were tested but had no known exposure to a confirmed case, and you are symptomatic, you may have another respiratory virus that is circulating in the community. Avoid work and group settings until 24 hours after the last day of fever (without using fever reducing medications).
- If you are not sure, please consult a medical professional.

Important information regarding COVID-19 testing

Because COVID-19 is relatively new, there are still many unknowns about the virus and testing for the virus. The test results are intended to give information for use in determining whether to seek additional medical treatment and/or take other actions, such as self-quarantine or self-isolate, in an effort to prevent the potential spread of the virus to others. There are risks inherent in any COVID-19 testing. You should consider the following:

- There are still many uncertainties about the transmission of COVID-19.
- If your test result is positive, IU Health is required by law to report that result to certain public health agencies, including the Indiana State Department of Health and the Centers for Disease Control and Prevention. In addition, IU Environmental Health and Safety (EHS) will be notified for purposes of tracking contacts and cleaning any campus locations where you might have been. IU EHS is required by IU policy and applicable law to safeguard the privacy and security of any such information we share, but may be required to re-disclose such information in order to comply with applicable local, state, and federal law.

Information for students who have been exposed to someone with COVID-19

What does quarantine mean?

- Quarantine is the separation of a well person who has been exposed to a contagious disease to see if they become sick. Quarantining those exposed to COVID-19 helps prevent spread of infection to others.

What should I do during quarantine, what does it mean for me?

- Do not go out in public.
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- Take your temperature daily and watch for symptoms such as:
 - Fever – a temperature of 100.4 or greater
 - Cough
 - Shortness of breath
 - Sore throat
 - Nausea, vomiting, or diarrhea
 - Muscle aches
 - Headache

- Fatigue
- Congestion or runny nose
- New loss of taste or smell

What do I do if I develop symptoms?

- Access the IU Health Virtual Hub 24/7 through one.iu.edu in order to be connected with an IU Health nurse at no charge.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

Signs of severe illness

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improve but then return or worsen.
- Worsening of chronic medical conditions.

Why do I have to quarantine for 10 days after contact with someone with COVID-19?

- The time it takes someone who has been exposed to COVID-19 to show evidence of infection is typically 4-5 days, but may be anywhere between 2-14 days. This is called the incubation period.
- It is possible for someone infected with COVID-19 to spread the virus to others up to 2 days BEFORE they develop symptoms.
- It is also possible to be exposed to COVID-19 and develop what is called an asymptomatic infection. Those with asymptomatic infection do not exhibit any illness symptoms, but they can still spread the infection to others.
- At the end of 10 days following an exposure, if you haven't developed symptoms, you are able to be released from quarantine. A small percentage of people may still develop infection between days 10-14. During that time, it is important that you avoid crowds, stay 6 feet away from other people, wear your mask when you are around other people, and practice good hand hygiene.

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Campus Resources

Emergency Resources

- Financial needs can cause a lot of stress! An unexpected need for online learning technology or internet. A loss of income. An empty refrigerator at mealtime. A need for money now when you won't have it until later this month. A mental health crisis. These situations and many others not only impact you and your family, they impact your ability to focus on your education. We offer a number of resources, including possible financial support, that can assist you with your current situation. Go to this [website](#) for more information.

Counseling

- Nearly everyone struggles with stress, depression, or anxiety at various times in their lives. We want to help you succeed during your time with us, so we provide free, confidential counseling sessions for students; we're here if you need support or someone to confide in.
- [Counseling at IU Northwest](#) is can help you with many issues you might face, including:
 - anxiety or sleep issues,
 - depression,
 - academic, work, or family stress,
 - relationship difficulties,
 - substance use,
 - eating disorders, and/or
 - education/work/life balance challenges
- Currently counseling services are offered via phone or online. You can set up an appointment at the link above. We'll provide you with strategies to help you find some peace of mind.
 - To schedule an appointment send your request from your IU email address to iunoocs@iun.edu or call 219-980-6741 (does not accept text messages). Our hours are Monday-Friday 8am-5pm.